

Richmond Beach
Community Association
**Next General
Meeting**

Tuesday, Feb. 10th, 2009
7:30 P.M.
Congregational Church
1512 Northwest 195th

No January General Meeting

HAPPY NEW YEAR!

Turkey Day Fun Run,
Holiday
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Jump if you
love snow!
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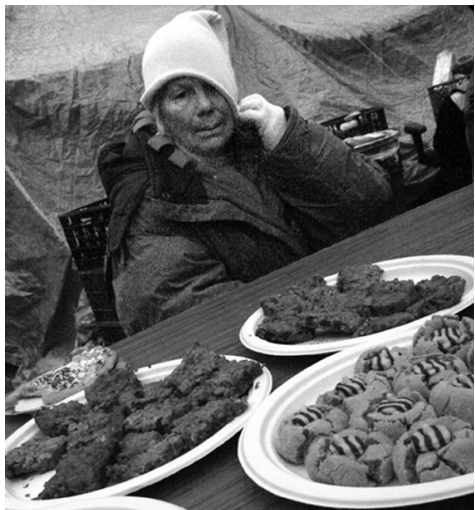


RICHMOND BEACH COMMUNITY NEWS

Published by the Richmond Beach Community Association, richmondbeachwa.org January 2009

Calvin Presbyterian Church hosts Tent City 3

By Rick Jackson



Top: Carol Knudsen looks over platters of cookies provided by members of the youth group at Calvin Presbyterian Church. Bottom: Tent City 3 is clustered atop a small hill at the south end of Calvin Presbyterian Church. Photos by David Ghan

When you visit Tent City 3, you find that each person has a story. There's Andy Kunda, 41, who served in the Navy for 14 years and is a computer numerical control machinist by trade. He came to Seattle looking for work, but now wears a long, vertical scar down the middle of his forehead. It's a keepsake from a stay in a Seattle homeless shelter, where another person smashed an object on Kunda's head while he slept, requiring 56 stitches.

"If it wasn't for this place, I wouldn't have anywhere to go,"

There's Bo Knox, 60, a house painter and cancer survivor who can no longer ply his trade because of degenerative discs in his back and lives on \$339 a month in assistance from Washington state.

And there's Somalia DeSouza, 54, who worked for the U.S. Postal Service for 27 years before suffering health problems that eventually cost her her job.

She has worked on and off while waiting for the day her Postal Service pension can kick in.

Their stories may differ, but they also share a key belief.

"If it wasn't for this place, I wouldn't have anywhere to go," says DeSouza. "This is my family."

These three people are among the more than 80 people now living in Tent City 3 on a tree-lined hill at the south end of the property of Calvin Presbyterian Church, at the intersection of Richmond Beach Road and Third Avenue Northwest.

Tent City 3 is a self-governed community of the homeless, operated in cooperation with SHARE/WHEEL, King County's largest provider of shelter for homeless people.

All residents of Tent City are required to be sober; no drugs or alcohol are permitted. No weapons are allowed, and all residents are screened so that no one with a criminal history in sex crimes is permitted on site.

Typically, congregations serve as hosts for two to three months; Calvin opened its property to Tent City 3 on Nov. 29, and the encampment will remain in place until the end of February.

Calvin is the third Shoreline-area congregation to serve as host. Previously, Haller Lake United Methodist Church and Prince of Peace Lutheran Church have served as hosts.

But the generosity does not end there.

See **Tent City 3**, page 2

Becoming a ready neighborhood *Start the New Year with an important resolution*

By Tom Peterson

January is a month of new beginnings: resolutions to lose weight, quit smoking, start exercising, etc. How about a resolution to finally do a little emergency preparedness for yourself and your neighborhood?

The Richmond Beach Community Association is starting off the New Year with a resolution to make Richmond Beach a "Ready Neighborhood" in 2009. Using a program provided by the City of Shoreline and State of Washington, residents from pods of homes located in close proximity to one another will gather together to learn how to help one another in a crisis situation. Knowing what to do in the first hours of a disaster might help you save a life, reduce the severity of injuries and reduce the amount of damage neighborhood buildings sustain. Households need to be ready to take care of themselves for *at least* 72 hours without outside as-

sistance. Your most immediate sources of help are the neighbors living around you.

On January 24 (*please note change of date*) at 10:00 a.m. in the Syre Elementary School library, located at 19545 12th Avenue NW, this pod of neighbors will hold an actual Ready Neighborhood meeting. Persons interested in becoming a facilitator for their neighborhood are invited to attend to see just how fun and easy the process is. No training is required to host a meeting; the City of Shoreline will provide every neighborhood facilitator with a guide and a DVD to help run their meeting.

Contact RBCA Board members Sheri Ashleman at 542-9147 or sbashle@aol.com or Sherry Edwards at 546-3724 or dsma@comcast.net if you are interested in becoming a facilitator for your neighborhood pod. We are here to help you every step of the way. Make a resolution to get involved today—be a hero!

President's message *Get involved with your community*

By Ed Adams

I hope that all of you had a happy and healthy holiday season. Whether or not you choose to celebrate a holiday—any holiday—or none at all, it is all a personal decision. The great thing about our community is that we represented a majority of nationalities, religions, orientations and other beliefs.

For the most part, everyone is tolerant of one another. I wish that I could say that about everyone, but I can't. During the past couple of weeks, I received e-mails from a few neighbors who expressed disappointment in the RBCA for not calling our December tree lighting a "Christmas" event instead of a "Holiday" event. I replied, on behalf of myself, that my goal as the RBCA President is to host events that are open to everyone in the community. Whether you see it as a "Christmas" tree, a "Holiday" tree or as a tree with lights is totally up to you. The event is open to everyone. I know that it is more tailored to the Christian belief but it is a beautiful event that could have other meanings for each of us.

It takes a lot of time and effort to put this and other events on. From the kids' decorating party at the fire station to the tree lighting itself, the list of volunteers is almost endless. I could only touch on a few of the many volunteers and I'm sure I would miss some, so I will leave that for other articles in this issue. My thanks go out to everyone for making it another success.

The New Year is upon us and we face an uncertain future. With the questionable economy, a tough real estate market

and new national leadership coming in, there are many things that can happen. Some of those things can be planned for and some we won't know until they hit us. There is one thing you can count on however: The RBCA will continue to put on quality events. In tough times we all need some sort of diversion, and what kind of diversion could be better than showing some civic pride? The calendar has a number of things that we can all get involved with; the Strawberry Festival in May and the Youth Jam in February are just a few off the top of my head, and they all need volunteers. The city of Shoreline, King County, or the State of Washington all have events coming up that will also need help, but why not start locally? All of the events that are put on by the RBCA are cost friendly and fun for the entire family. Exciting occasions and a true sense of community are the things that we can all take pride in. With your help we can all make this uncertain time a little more enjoyable for everyone.

Have a great New Year and see you around the neighborhood.



"...what kind of diversion could be better than showing some civic pride?"

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RB Youth Jam is back!

Where are the young singers, musicians, DJs and bands who want to gig and get recognition?

Come perform at the Richmond Beach Youth Jam and make a statement that could be your first step toward success in music! The best performances in several categories will be awarded PRIZE MONEY to encourage and support your art!

It's Saturday, February 27, beginning at 6:00 p.m. and going on until we're done. The contest, which is open to any musical performer or groups of performers under the age of 18 and living in Shoreline, will feature a live audience, judges from the music industry, and professional sound. Musical acts will be arranged into showcase segments (2 to 3 songs maximum), and will be judged according to categories. For example: best musicianship, most creative, best performance, etc. The show will even be recorded, with copies provided to each performer! Every kind of musical style is welcome, and ensembles or bands are encouraged.

RICHMOND BEACH YOUTH JAM!

Pop singers, Rock bands, Hip Hop groups, Vocal groups, Accordion players, beat boxers, turntablists, and all musicians 18 & under. This is your chance to try your chops on a live audience and compete for cash prizes and recognition!



FEBRUARY 27, 2009 AT 6:00 P.M.
Richmond Beach Congregational Church
(15th NW & Richmond Beach Road in Shoreline)
Tickets \$2.50 at the door
Check out the web site for entry details and sign up on the mailing list for updates!
WWW.MYSPACE.COM/RBYOUTHJAM

Brightwater

Tunneling from Point Wells to Ballinger Way

In early September, one of Brightwater's four tunneling machines was launched from Point Wells to mine almost four miles to another portal on Ballinger Way in Shoreline. Right now tunneling is progressing eastward about 250 feet below ground through the Richmond Beach community towards its destination.

The tunnel boring machine is mining an average of 80 to 100 feet each day.

To request project updates about

Brightwater work in Shoreline, email us at Brightwater@kingcounty.gov. For more immediate concerns about construction, you can call the project's 24-hour construction line at 206-205-5989.

Please note that as of January 2009 the new Brightwater web site will be: <http://www.kingcounty.gov/environment/wtd/Construction/North/Brightwater.aspx>

Tent City 3

Contined from page 1

Many Shoreline and Richmond Beach individuals, organizations and congregations are extending a caring hand, according to Barb Farden, a member of Calvin's Tent City 3 team. Examples include:

One person, who wished to remain anonymous, donated 100 outdoor jackets through Shoreline Free Methodist Church. Community Church of Seattle supplied 100 blankets.

Others help in smaller ways. On one cold December Saturday, within the span of 90 minutes two different groups delivered Christmas cookies to the Tent City 3 residents.

Cindy Roat, a Shoreline resident who lives near Calvin, has worked with her 11-year-old daughter to help make lunches and clean up after meals. She recalls one afternoon seeing a man bring a pickup truck full of food for Tent City's pantry.

"People are at their best when things are at their worst," says Roat, a practitioner of the Baha'i faith.

Others have noted increasing community interest in supporting Tent City 3. "I have been inundated with people" looking to help with meals, says Liz Fenn of Greater Seattle Cares, which works to supply one hot meal a day at dinnertime for the residents of Tent City 3.

Fenn says that she often has to call a group of regular providers for meals to

ensure that all days in a month are covered. But there's been a change since Tent City 3 moved to Calvin's property.

"People are coming out of the woodwork," she says.

Within the first few weeks after Tent City 3's arrival, Calvin also learned that it needed to adapt to changing conditions and new challenges. When the cold snap arrived in mid-December, Calvin modified its contract with Tent City 3 so that residents could take shelter from the cold in Calvin's activity center.

The need for boots, winter coats and warm clothing remains great as well. For up-to-date information on the needs at Tent City 3, check Calvin's website: www.calvinpc.org.

In the meantime, Tent City resident Bo Knox wants to send this message: "I want the people in church to know we do appreciate this."

Richmond Beach Community News

The Richmond Beach Community News is published monthly September through June by the Richmond Beach Community Association. Editorial opinions expressed do not necessarily represent those of the Community Association. News items, photos, letters to the editor, and calendar listings must be submitted by the 15th of the month prior to publication. Send to:

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Ad deadline: 15th of the month prior to publication. Contact Starla Hohbach at 206-818-1168 for more information or to place an ad.

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Jump If You Love Snow!

by Klaudina Pasko

When the weather report announced the possibility of snow, I got excited. It would mean that I could take out my White German Shepherd, Bheria* (Bear-eeya), out to run and play in the first snow of the winter. This might sound crazy to some, but I set my alarm clock for 5:50 a.m. in order to be the first to experience the wonder of snow blanketing our world.

When my alarm rang, my poor dog had no clue what was happening; she looked at me in confusion as I rushed to get us ready. The last time that we were forced to wake so early was when I had morning classes at the University of Washington and I had to make sure Bheria got in a good walk.

After getting dressed in enough layers to keep me warm and toasty we set out to have some fun. Our first stop was Syre Elementary where the snow was untouched until we arrived. Bheria ran helter-skelter around the field, showing her excitement about the new snow through leaps and spins in the air. I tossed her a few snowballs and asked her to pose for some photos. We then left the school and walked down towards the Richmond Beach Library, enjoying the layers of snow covering everything around us. The journey seemed treacherous because of the patches of ice on the roads



Bheria celebrates the first snowfall of the winter by leaping and spinning in the air. Photo by Klaudina Pasko

and sidewalk, but with caution it was manageable. The Richmond Beach Library and the Community Park looked transformed into scenes from a magical story with the refreshing beauty of the newly fallen snow. Bheria showed her appreciation of the moment by eating snow and making the doggie version of snow angels. It was a truly glorious and peaceful morning walking around the neighborhood and experiencing the splendor of Mother Nature.

*I named my dog Bheria after the wolves in the Jungle Book, but had to do my own research to find out the Hindi name because neither Kipling nor Disney named the wolves.

Holiday happenings

Richmond Beach residents kicked off the holiday season with several community festivities sponsored by the Richmond Beach Community Association. Starting with the ornament decorating party at the Fire Safety Center on Saturday, December 6, children and adults alike created lovely decorations for the small tree located outside Pizza Mia’s front door. Children also enjoyed visits with Santa, exploring the educational station and climbing on the fire truck.

Later that evening, neighbors gathered together in the Spin Alley parking lot for the annual Tree Lighting Ceremony. Santa arrived shortly after 5:00 p.m. via a fire department emergency vehicle with lights flashing and a booming “ho ho ho” blaring over the speakers. After Santa led the crowd in a countdown from ten, the lights on the community Christmas tree popped on and remained illuminated through the holiday season. Children had another opportunity to visit Santa and guests enjoyed warm apple cider and delicious homemade cookies provided by Chris Riveland.

Afterwards, many ventured over to the Richmond Beach Rehab for caroling led by Elizabeth Jordan, Director of Music Ministries at First Lutheran Church. The shut-ins at the rehab particularly enjoyed the red carnations they were given and the enthusiasm of the many small children who participated.

Many people worked behind the scenes to make these events happen: RBCA boardmembers Debbie Bowen-Mills, Lisa Buchheit-Ekdahl, Sherry Edwards, Ed



On December 6, ornament making at the Fire Safety Center preceded the Tree Lighting Ceremony at Spin Alley.

Adams, Tom Peterson and Sheri Ashleman; Jerry Estes; Dennis Molvik; Myra Adams; Rick Ashleman; Melanie Granfors of the Shoreline Fire Department; Roula and Miguel Gomez of Pizza Mia; and Harley O’Neil of Spin Alley.

Christmas Ship thanks

The Christmas Ship celebration at Richmond Beach Saltwater Park on December 8 was well attended. The calm (albeit chilly) evening, enhanced by our local youth choirs, blazing bonfires and free cookies, brought out a record number of people. The Richmond Beach celebration is one of the largest gathering of this type in the Seattle area.

Sponsored jointly by the City of Shoreline and Richmond Beach Community Association, this event has become a tradition in the Shoreline community. Special thanks for making this evening a resounding success go to the Syre and Einstein choirs under the direction of Janet Allison and The Everett Chorale aboard the Christmas Ship for outstanding performances.

Turkey Day Fun Run

“Thank you so much for organizing a morning of fun!”—Kristi Lin and family

“Thank you again for organizing a really fun community event and one that encourages healthy living, too! A great way to start the Thanksgiving holiday!”—Carrie Towle

“Thanks again for organizing the Turkey Day Fun Run. It is a perfect way to begin this special day. Six adults from our family plus a toddler and the dog all participated. We appreciate all the hard work you and your volunteers provided and hope another Richmond Beach Turkey Day Fun Run is in the future for 2009!”—Nona Martin

Those were just a few of the comments received after the Turkey Day Fun Run on Thanksgiving morning. The feedback was overwhelmingly positive, so rest assured this activity will definitely be a mainstay on RBCA’s event calendar.

Started in the 1970’s by Don Wilson for his co-workers, Wilson’s family and friends have looked forward to the informal run/walk on Thanksgiving morning every year since. Two years ago, Wilson was approached and asked if he wanted to expand the activity into a community

event. No one had any idea of the interest this event would generate! More than 300 people gathered at the Saltwater Park this year to mingle with their neighbors and enjoy some physical exercise in the brisk fall air before dispersing to their own Thanksgiving celebrations. Despite a last-minute glitch in the parking plan, participants rolled with it, and their cooperation is appreciated.

We have some wonderful, talented volunteers in our community who contributed to the success of this

event. First, thanks to Don Wilson, photographer, who had the vision for this fun, community-building activity, helped with the planning and took pictures along the way. Thank you Rachel Ashleman for coming up with the turkey design for the T-shirts. Thanks to Scott and Andie Piteo of Achtung Graphics who did the design work for the awesome T-shirts and posters. Thank you Spin Alley for collecting registration/T-shirt order forms. Thanks to the SERVE Club at Shorewood and their advisor, Tammy Ceesay, for distributing door hangers and volunteering at the event. Thanks to the set up/worker/take down crew: Ed, Myra and Shelby Adams; Rick, Sheri and Alex



Richmond Beach neighbors of all ages enjoyed the crisp weather, great exercise, and camaraderie of the Turkey Day Fun Run. Photos by Don Wilson; photo top of page 1 by Don Wilson



Ashleman; Dave Brenglemann; Stefanie Killert; Tom Peterson; Sean Quigley; and Don Wilson. Thank you Linda Jo Pym for offering use of your driveway and yard adjacent to the park. Thank you Scott Beasley for lending your flagger skills and directing traffic. Thank you Shoreline Firefighters for standing by at the top of Dead Man’s Hill; luckily no one needed your services. Thank you Lee’s Martial Arts Academy for cheering on participants at the finish line.

Please thank and support the following businesses for sponsoring the Turkey Day Fun Run:

- Achtung Graphics
- Don Wilson Photography
- Spin Alley
- James Alan Salon
- Jones Orthodontics
- Bronscapes
- Dr. Mark E. Simons, Orthodontics
- Eric A. Carlson, DDS
- Highlands West Dental
- Spiro’s Pizza and Pasta
- Lee’s Martial Arts Academy
- Richmond Pediatrics
- Richmond Internal Medicine
- Shoreline Chiropractic
- Olive You Restaurant
- Shoreline Firefighters Local 1760

A food/fund/gift drive for Hopelink was held at the event. Participants generously donated 190 pounds of food, \$197 in cash and various gifts for children. Hopelink was extremely grateful for the donations, especially at a time when the need is so great.

Rufus, the Brittany Pointer

By Chris Riveland

I have never understood why our bird dog, Rufus, would unhesitatingly jump into a pond to retrieve a duck Dale had shot, but then turn into an unreasonable creature when it came to being washed. Perhaps it was the sight of the black garden hose and Dale's command, "Come here, dog, time for your scrub!"

That was also the cue for our grade school-aged children to run to the phone and call their friends to come over, "because this is going to be fun! My dad is going to wash the dog." Sonja Duke would hurry over, as would Debby Chaquette from next door and Marc and Bill Edmonston. Soon several children stood expectantly in the backyard.

Dog shampoo was ready, as was the dog's special brush in a bucket. Bird dog was anything but ready or willing. He stood, paws planted solidly on the concrete patio, as if attached with superglue. No yanking on the collar would make him come an inch closer to where Dale and the bucket and brush and shampoo stood. The audience began to giggle. A stern look from the father of my children made them bite their lips. Dog gave a low growl, and his ears stood up straight. The children shifted position from one foot to another. Suddenly, like a meteor, the dog streaked past Dale, into the crawl space under the house. Stunned silence followed from all, except from me. Looking at Dale's expression I burst into, "Oh what a beautiful morning..." and the assembled children laughed heartily. But not Dale, who muttered under his breath, "recalcitrant beast," and stepped toward

the crawl space just as the dusty dog zoomed past, covered in cobwebs, dried bugs and spider poop, and hid under the apple tree by the compost pile. Dale managed to grab him by the collar, leash ready and rope ready, and tied him to the fence.

"...this is going to be fun! My dad is going to wash the dog!"

The children edged closer and eyed the whole procedure: dog being soaped, brushed, and rinsed with the garden hose turned on full blast.

We had left the kitchen patio door open...

How the canine managed to do it escapes me, but he made a straight dash into the kitchen, shook himself with great relish, spraying the floor, kitchen cupboards and basket of apples on the table, and plopped down on the living room couch, leaving paw prints on everything along the way. The kids dissolved in howling laughter and fled to the side yard, still giggling and chattering as they organized a game of Frisbee.

Dale, a look of resignation on his countenance, retrieved brush, shampoo, bucket and leash and busied himself in the garage for awhile before coming into the house. By then I had already mopped the floor, wiped down the cupboards and washed the apples. It took both of our efforts to dislodge the dog from the couch and shoo him outside. He laid down peacefully, one eye open, but each time Dale approached he would turn his head as if to say, "That's what you get for embarrassing me in front of a bunch of children; I prefer pond scum to your dog wash every time."

I hummed a new tune, Doris Day's refrain "Que sera, sera, whatever will be will be..." from the movie "The Man who

Knew too Much," and called the Seattle Times' "Dorothy Neighbors" Help Line, asking how to rid our living room couch of wet dog smell. And Dale and I came to an agreement: No more dog washing on the premises, though that agreement became null and void the following year when rheumy Rufus, no longer hunting, had a close encounter with a skunk.

But that is another story.

It is with sadness that we report Chris Riveland's husband, Dale, died on December 10th, following a long struggle with cancer. The Richmond Beach Community Association extends its deepest sympathy to Chris and her family.

Health check Relief for arthritis sufferers

By Dr. Fran M. Pinault MS, LAc, ND, Director, Shoreline Natural Medicine Clinic



In general, arthritis can be lumped into two main categories: inflammatory and degenerative. Inflammatory arthritis includes rheumatoid and psoriatic arthritis, conditions where the immune system creates chemicals that breakdown the joints. Degenerative arthritis includes osteoarthritis, the most commonly occurring arthritis that affects people as they age. Osteoarthritis (OA) is a process where the connective tissue in joints deteriorates and bone metabolism is disrupted.

There is much data on the value of certain nutrients in the prevention of OA. In the Framingham Osteoarthritis Cohort study vitamin C, in only 200 mg daily doses, was found to lower the risk of OA formation nearly three-fold. Vitamin C is known to be a needed component of collagen production, the connective tissue material in joints. Studies show that OA patients have lower than the recommended dietary allowance intake of vitamin E. Vi-

tamin E has anti-inflammatory activity and inhibits free radicals associated with tissue damage. Another study found patients with OA to have low vitamin D intake. Vitamin D stimulates bone and collagen formation. One study showed women with the lowest vitamin D levels have increased loss of joint connective tissue in their hips. I have written extensively on the epidemic of vitamin D deficiency here in the Pacific Northwest and urge everyone to have their blood vitamin D3 levels checked (the correct test is vitamin D3 25, OH). If deficient, you should take a minimum of 50,000 IU weekly until your levels increase to 60 ng / dl. The mineral boron is needed for bone formation. Population studies show that in areas where boron ingestion is low OA occurrence increases up to seven-fold. One study showed that arthritic bone contained half the boron content of normal bone.

The effectiveness of omega-3 fatty acids and fish oils in relieving symptoms of arthritis have been demonstrated in many studies. Glucosamine is derived from shell.

See **Arthritis**, page5

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Arthritis

Continued from page 4

Double-blind clinical evaluation of oral glucosamine sulphate in the basic treatment of osteoarthritis showed significant alleviation of symptoms without adverse reactions. Glucosamine sulfate is usually dosed at 1500 mg daily. A study comparing the use of glucosamine sulfate alone or in combination with MSM (methylsulfonylmethane, a form of DMSO) found that glucosamine in combination with MSM was superior in relieving swelling, pain and increasing walking time than glucosamine alone. MSM is generally used in a dose of 2,000 mg daily.

Niacinamide, one of two forms of the vitamin B3, has been used in many studies and has been shown to increase joint mobility and reduce severity of arthritis. Studies have used up to 4,000 mg, but even 1,000 mg daily can provide relief. The mineral molybdenum has been shown to be helpful in treating OA. Patients with inflammatory arthritis are often found to be low in the hormone DHEA, an important anabolic hormone. Studies have demonstrated that when DHEA levels were returned to normal with supplementation of the hormone, there was a reduction in the amount of immune complexes that were formed in those patients.

Don't forget movement. Studies of exercise showed that patients with OA had less pain after moderate exercise, so let's keep moving!



Anina's CORNER

By Anina Coder-Sill

I first met Vern Madsen as a library patron who smiled and waited politely, hands clasping his dapper hat below his waist, while he accompanied his wife and mother-in-law to check out books each week. Sadly, his spouse died; however, he kept coming to the library, and his visits increased after he retired from his job as an accountant in 1990.

One day I asked him when he was going to start volunteering and help us out; he came back shortly afterwards and said he decided that was what he would do. He sure keeps his word, because that was about 17 years ago! Five days a week Vern helps us out; he has served on the Friends board, cut out activity sheets for story time,

shelved the items people request from other libraries, and once even walked several blocks with me to help carry books for a school visit.

He soon became a family friend, and is a part of our holiday meals, birthday celebrations, weddings and memorials. He even attended our children's school concerts, and patiently listened to them through the years as their concerts improved. He has cared for our cats and house for us in the past when we went on vacation, and even gained affection for our feline friends—after knowing only farm animals, that is quite a change. At the library, he alerts us to beautiful sunsets, and calls each of the staff over to the windows to admire the view. I have met several of his relatives and friends over the years, as bringing them to the library has become routine for Vern.

This year we celebrated his 83rd birthday. He was born June 19, 1925 on his Danish parent's farm in Dagmar, Montana. When he was 7 his mother died, and his brother, sister, and he moved to his maternal grandparents' home to attend

classes in a one-room schoolhouse. Vern and his brother moved back to his father's farm when in high school, and during those years he polished his talents as a cook.

He was drafted into the army at the age of 19, and had basic training in Little Rock, Arkansas. He doesn't talk much about his experiences during World War II (he says they were not wondrous years) but he mentioned he was in Okinawa with the Fox Company, Infantry Division. On one mission, 100 men in his platoon were killed; he doesn't know how he happened to survive, but his family and friends are certainly thankful he did.

After the war, he attended school in Havre, Montana for two years, and then transferred to the University of Washington where he received a degree in accounting. His interests include growing flowers, reading, and mainly keeping us in good order at the library and getting his daily hugs.

Det glaeder mig at made Dem, tak, Vern! (Hopefully, a Danish translation of "I am very glad to meet you, thank you, Vern.")

Book Review

By Aarene Storms

A Posse of Princesses

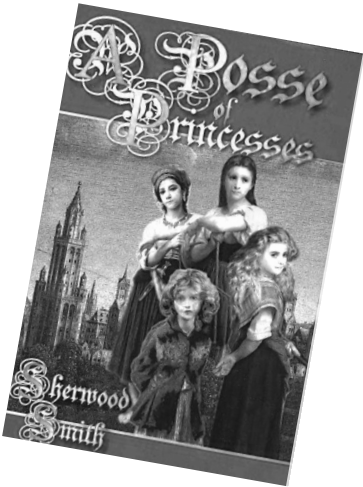
By Sherwood Smith

When 16-year-old Princess Rhis journeys to a coming-of-age party for the Crown Prince, she dreams of romances like those told about in the ballad stories she loves so much. Instead, she meets a handsome but rather dull prince, a bunch of princesses and gentlemen (some pretty, some clever, some wild, and

some with secrets), and a clever scribe who is more interesting to Rhis than anybody else at the event.

When Iardith, the prettiest of the princesses, is abducted, the princesses band together to rescue her and hopefully prevent a war. In the middle of the rescue, Rhis finds something very unexpected...

Light romance and magic in a kingdom far, far away. I recommend this charming story for readers ages 12 to adult; the story features a few sweet kisses, but no cussing or nekkidness.





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Local History

By Tracy Tallman

It is January 1929 and Ray V. Cloud (1893-1974), who also owned the Edmonds Tribune-Review, is publisher of the Richmond Beach Herald. The country is on the eve of the Great Depression and life is buzzing along. Whose crystal ball can project how our 2009 might parallel their 1929?

But let's take a look at what they were thinking about at the beginning of 1929.

There were two references to women's fraternal organizations, the Eastern Star and the Royal Neighbors of America were installing officers. The men were having their monthly meeting of the "Ronald Church Men's Club" at which the women were serving one of their "famous dinners" and an undisclosed program was to be offered.

A new service station was opened at Ronald.

The Wisconsin Club of Seattle was looking for former Wisconsinites to join their ranks.

The eight-mile-long Great Northern (forerunner to Burlington Northern) Tunnel was to be dedicated over Stevens Pass on January 12 as the longest in the western hemisphere, fifth longest in the world. The tunnel took three years to build and the ceremonies were to be broadcast to the nation via radio. The original route used in 1893 included a series of complicated switchbacks that "made it necessary to reverse the movement of the trains a number of times in crossing the summit." This route was upgraded in 1900, with this

new tunnel finally improving safety and efficiency at a cost of \$25,000,000 and included electrification of the entire division.

Philip Graves, brother of painter Morris Graves (1910-2001), was traveling through the Orient and wished everyone a successful and joyous New Year.

Roads were a major concern: both Snoqualmie and Blewett passes were closed as of December 31. A detailed description was given of various roads in western Washington. The Inn at Longmire and the Lodge at Paradise were open.

The new Model-A Ford was boasting "theft-proof ignition lock" to foil those who could simply reach behind the instrument panel and rewire the ignition to steal a car. An "armored conduit which is integral with the dash" was now installed on new models.

The cartoon by Roscoe Misselhorn (1902-1997) was entitled "Practice Makes Perfect" and depicted a farmer standing near a pile of horseshoes. The farmer is throwing horseshoes at the target "A successful solution of the farm problem" and missing with horseshoes labeled "bill," "measure," and "plan." An apparent slam at the country's farm woes.

The service times for the Richmond Beach Congregational Church, Ronald Community Church and Chris-



gested that they were intended to bring the people of the state's communities together. The theme of the year was "faith" and each gathering was to have one speaker to cover the topic briefly. The planned school assemblies, followed by an early dinner, were to include two short addresses over a radio hook-up, apparently incorporating technology into the classroom.

A few jokes were included in "My Kolyum by Miss Dora Dumb" [I can't find this as a syndicated column, so it could have been written by the publisher]. They might now be considered to be in poor taste (beware while reading):

"What did she sue her husband for?" "Non-support." "I thought she was getting plenty of that." [Note: non-support was one of the few allowable divorce criteria.]

"A Richmond Beach man in a hurry was stopped by a neighbor. "Where are you going?" "I'm going to see a doctor. I don't like the looks of my wife." "I'll go with ye; I don't like the looks o' mine neither."

All and all, it seemed a pleasant life. Simpler than ours today and perhaps more focused on community. A number of details were listed under the columns for Richmond Highlands and Richmond Beach—community members who received visitors and those visiting over the holidays. They all knew a lot about what their neighbors were doing. Everyone could wonder why they received no invite to a particular party and perhaps envy those who had been invited.

Stacks of photos?

Karen Weber

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January calendar of community events

Shoreline-Lake Forest Park Arts Council
18560 1st Ave NE, Shoreline, WA 98155.
Office open Monday–Friday, noon–5:00 p.m.
206-417-4645; web: shorelinearts.net; e-mail: info@shorelinearts.net

Shorecrest Performing Arts Center
15343 25th Ave NE, Shoreline, WA 98155

Annual meeting

January 7, 2009, 7 p.m.

In celebration of its 20th anniversary, the Shoreline-Lake Forest Park Arts Council will “take the show on the road” and hold its Annual Meeting at Third Place Commons at 7 p.m. on Wednesday, January 7. The Lake Forest Park Towne Centre is at 17171 Bothell Way NE, Lake Forest Park, WA 98155. The community is invited to attend.

The staff and board of directors of this venerable community arts organization will present the Arts Council’s 2009 Community Project Awards to other organizations, and its 2009 Artists-in-Residence Grants awarded to teachers in the School District. Board members, officers and staff will be introduced. Members of Choir of the Sound, Community Project recipients, will perform and refreshments will be enjoyed. Please join us in congratulating the award and grant recipients and learn more about the Arts Council and its role in the community.

2009 Community Project Award Recipients

Friends of Third Place Commons: *Art in the Commons*

Richmond Beach Community Association: *Strawberry Festival Bands*

Shoreline Concert Band: *Guest Soloist for Shoreline Concert Band*

Filipiniana Arts and Culture: *Mabuhay Philippines 2009*

Choir of the Sound: *Spring Pops Concert: A Celebration of Spring*

2009 Artists-in-Residence Grants

The Arts Council received 32 Artists-in-Residence grant applications, and has approved funding for 23 projects in 16 schools in the Shoreline School District. These projects all feature professional teaching artists working with students in the classroom and will take place between January and June of 2009.

Call to Artists for the 2009 Shoreline Arts Festival Weaving a Cultural Tapestry

Deadline for submissions, February 1, 2009

The Shoreline-Lake Forest Park Arts Council seeks original artwork and graphic design for the 19th annual Shoreline Arts Festival poster. The 2009 theme is “Weaving a Cultural Tapestry,” with a focus on ethnic heritage and cultural diversity in our communities. Artwork should be an existing work; a graphic design will be created specifically for the poster. An artist/graphic designer may be selected, or an artist and a graphic designer may be selected. The poster will be used to promote this two-day community event celebrating all the arts: music, dance, visual arts, literary arts, theater, film, and crafts to be held at Shoreline Center on June 27 and 28, 2009.

Please send up to 10 images on a CD and a resume or bio to the Shoreline-Lake Forest Park Arts Council. If you have questions, phone or e-mail them. See the contact information listed above.

Jazz It Up!

Special Guest Trombonist Dennis Wilson and Guest Vocalist Greta Matassa

January 17, 2009, 7:30 p.m.

Shorecrest Performing Arts Center. Tickets: \$18/15. Tickets can be purchased online at www.shorelinearts.net, or over the phone by calling the Arts Council office, or visiting the office. (See contact information above.)

Grammy-nominated trombonist, producer and arranger Dennis Wilson will be bringing a little something extra to the Jazz It Up! program this year. Not only will he be joining the Shoreline School District’s Friends and Faculty All Star Big Band in this special benefit concert for the Arts Council’s Scholarship Fund, he’s invited local jazz vocal diva Greta Matassa to join him in a special tribute to Ray Charles.

This tribute will also feature the newly formed Jazz It Up! Choir, showcasing singers from Shorecrest and Shoreline High Schools. Jazz it Up is the Arts Council’s annual Arts Scholarship fundraiser.

Mr. Wilson began his professional career as a trombonist, arranger, and musical director for Lionel Hampton. He has been a lead/solo trombonist for the Dizzy Gillespie Big Band, The New Tommy Dorsey Orchestra, and for ten years with Mr. William James “Count” Basie and his Orchestra.

He received a Grammy Award nomination for arrangements created for Manhattan Transfer. He has performed on over six Grammy Winning Albums with the Count Basie Orchestra. His experience includes work with many jazz greats including Sarah Vaughn, Frank Sinatra, Ella Fitzgerald, Clark Terry, and Joe Williams.

Her collaborations and guest appearances with Spectrum Dance Theater, Pacific Northwest Ballet, Teatro ZinZanni, the Seattle Repertory Jazz Orchestra and the Seattle Men’s Chorus have been innovative and successful.

Greta Matassa has been nominated “best jazz vocalist” by Earshot Jazz four times. She’s one of the most talented singers working in jazz today. In demand for concert and nightclub appearances, her one-woman show, “Ella and Billie,” a musical tribute, won her critical acclaim. Matassa has become one of the hottest tickets on the northwest jazz scene. She receives regular national airplay. More information and reviews can be found on her web site,

Maps and Puzzles of the Imagination

January 12–February 27, 2009;

Open House January 22, 5–7 p.m.

The gallery is in the Shoreline Center at 18560 1st Avenue NE, Shoreline, WA 98155. For more information contact the Arts Council at the phone number or e-mail address listed above.

This show features an assortment of mind puzzles in the form of art. Ray Weisgerber takes his photographs and mirrors and manipulates them to make new and exciting images. With loose and colorful strokes, Sue Robertson works from her imagination and goes wherever the painting takes her. Mark Skullerud utilizes unique composition for his paintings,



Ray Weisgerber uses his photographs and mirrors and manipulates them to make new and exciting images. Seen here is his work, “X Trees.” This and other of his works, along with the paintings of Sue Robertson and Mark Skullerud, will be on display in the gallery at Shoreline Center from January 12th through February 27th.

taking us on journeys through landscapes never before seen.

Please join us for an opportunity to meet and greet the artists on January 22 from 5–7 p.m. Refreshments will be served.

Shoreline-Lake Forest Park Arts Council calendar of events continued on page 8

Shoreline Senior Center

18560 1st Avenue NE, #1 • Shoreline, WA 98155 • (206) 365-1536

Ice Cream Social

Tuesday, January 6, right after lunch

Sponsored by Richmond Beach Medical & Rehabilitation Center. A yummy treat!

Happy Birthday Members Lunch

Thursday, January 15

Free lunch to members celebrating a birthday in January.

Seniors Making Art, Illustrated Memoirs

Fridays, January 16–March 6, 10:00 a.m. to noon

Use words, photos, images and a variety of beautiful papers to create a book to preserve and celebrate your memories. No artistic experience necessary. No fee, but pre-registration required. Class size is limited.

PROBUS

Tuesday, January 20th: 11:00 a.m. in the Exercise Room.

Red Hat Society

Friday, January 23, 12:30 p.m., in the Bridge Room.

This group is always planning great activities. Come and join them.

Computer Classes

The computer classes are scheduled for January and February. Call the Center about dates and times.

- Basic Computer Orientation 101 (For the very beginner)
- Intermediate Computer (Must have 101 or equivalent)
- Digital Camera Basics (Learn to use your digital camera more fully)
- Computer Workshop (Answering your questions, solving computer problems)
- Figuring out your laptop (The instructor will help you get familiar with your new machine; working with the built-in mouse, options and ease of use, especially if you travel.)

The Senior Center Thrift Shop is offering an opportunity for someone to pick up a real collector’s item. A See’s Candy Barbie© doll will be available for bidding beginning January 5, 2009, closing January 16 at 3:00 p.m. This item will be on display at the Senior Center; all proceeds go to the Senior Center.

This special limited edition Barbie© doll has never been opened and the box is in mint condition with a few minor scratches and dings from shelf life. Copyrighted in 1999 by Mattel, Inc., the back of the box states “BARBIE© DOLL’S FIRST JOB, See’s Candy Salesperson.” The blond doll is dressed in a white See’s uniform and holds a bag of candy in her hand. She is inside a See’s Candy Store diorama that includes miniature boxes of chocolates, a cash register, a shopping bag and a “happy habit poster.” There is a warning on the box that this contains small parts and is not suitable for children under 3 years of age. Come on in and take a look.

The Thrift Shop is always looking for donations. This is one of the Center’s most important and consistent fundraising programs. If you are interested in donating we have certain guidelines in order to serve our patrons the best:

- Donated clothing items need to be in good repair and CLEAN, please.
- We CANNOT accept exercise equipment, medical equipment or supplies, large pieces of furniture or large appliances.
- We CANNOT accept electronics, old computers and such. It costs the Center to get rid of them when they don’t sell.

January calendar of community events (continued)

Shoreline-Lake Forest Park Arts Council

(Continued from page 7)

The School of Acrobatics and New Circus Arts

January 24, 2009, 11 a.m.

Shoreline Community College Campus Theater at 16101 Greenwood Avenue N., Bldg. 1600 in Shoreline. Tickets: \$6. Tickets can be purchased over the phone by calling the Arts Council office.

The Shoreline-Lake Forest Park Arts Council's 2009 Children's Series Presents the School of Acrobatics and New Circus Arts.

Prepare to be stunned and amazed as these fearless kids defy the challenge of gravity time after time. Witness stunts that exceed the boundaries of the possible! Bring the whole family for this fun event.

The School of Acrobatics & New Circus Arts (SANCA) is a non-profit organization dedicated to improving the mental and physical health of children of all ages by engaging them in the joyous creativity of acrobatics and circus arts. It has a vision of providing quality instruction in unique physical arts in a safe, supportive, nurturing environment that provides both

challenge and reward to the student. It is dedicated to serving students from all economic backgrounds by providing tuition scholarships. Your tax-deductible donation makes it possible for SANCA to provide scholarships for students with financial need.

Readers' Theater Series Presents:

Tomatoes, By Diane Nichols

Monday, January 26 at 7 p.m.

The Ballinger Room at Shoreline Center.

The book's plot centers on a high school prank played in the life of one of the major characters. Most of us will recognize some of the people and events which might parallel our own lives in this script with its interesting and likable characters. Do events in our past shape our future? Let's find out!

A coffee, cookie and discussion time is scheduled after the presentation when audience, playwright, and cast will have the opportunity to exchange ideas about the script.

Richmond Beach Library

Call 546-3522 for information

Read to Me!

This program runs through June 2009.

For children ages 0–5 and their caregivers. Read together for 20 minutes for 20 days in a month, and bring a completed “Read to Me” form to the library to select a free prize book! Ask at the Information Desk for more details.

Pajamarama Story Time

Wednesdays, January 7, 14, 21 and 28, 7 p.m.

All young children welcome with parent or caregiver. Wear your pj's and join us for books, stories and songs!

Toddler Story Time

Thursdays, January 8, 15, 22 and 29, 10:15 a.m.

Ages 2 to 3 with adult; siblings welcome. Join us for books, finger plays, stories and songs just for toddlers!

Preschool Story Time

Thursdays, January 8, 15, 22 and 29, 11:00 a.m.

Ages 3 to 6 with adult; siblings welcome. We will continue to explore the alphabet and share the wonderful world of books with your preschooler!

Game On and Mural Project

Thursdays, January 8 and 22, 4:00 p.m.

The Game On/Mural Project (GOMP) is video gaming and manga art for teens! Gamers and artists in middle and high school play multi-player video games and create full-wall mural. Games might

include “DDR,” “Guitar Hero,” “Cooking Mama” and others. Bring your talents to the library and get GOMP!

Study Zone

Every Monday afternoon at 4:00 p.m. when school is in session.

Homework help for K–12.

Evening Book Discussion

Monday, January 5, 7:00 p.m.

Join us for a lively discussion of *Glass Castle* by Jeannette Walls.

Afternoon Book Discussion

Thursday January 8, 2:00 p.m.

Join us for a lively discussion of *Glass Castle* by Jeannette Walls.

Free ESL classes in cooperation with Shoreline Community College!

Tuesday evenings 6:30-8:20 and Saturdays 10:00 a.m.–12:50 p.m., January 6th to March 14th

Students must be 16 years or older, registration required; call library to register (206-546-3522). Classes are for low-intermediate to high-intermediate level students. Classes will teach English reading, writing, speaking, and listening skills that can be used in everyday life, including at work and in the community. Attendance at all classes is important.

Talk Time

Tuesdays at 4:00 p.m.

Improve your speaking and listening skills in this English conversation group.

Richmond Beach Community Council Events

- There will be no Community Meeting in January; however, that doesn't mean there aren't plenty of things to do in Richmond Beach or around Shoreline that will keep you interested and involved during the first month of the year!
- See the article on page 1 about the “Ready Neighborhood” emergency preparedness program, January 24th in the Syre library at 10:00 a.m.
- Christmas tree recycling will be in the Shorewood Highschool parking lot Saturday and Sunday, January 10 and 11.
 - On Monday, January 5, the **Shoreline City Council** will meet in a Planning Session. They are scheduled to hear a recommendation about a test period for an off-leash dog area at Richmond Beach Saltwater Park. Other City Council meetings are January 12, 20, and 26. The public is always welcome and comments come first!
 - On Thursday, January 8 there will be a **Town Hall Meeting** to discuss a wide range of issues facing Shoreline. The November 19 meeting was a lively and interesting evening and a chance for residents to get “face time” with the city officials that make things happen.
 - The **Council of Neighborhoods** meets every first Wednesday of the month at

- the Shoreline Center. Representatives from all the neighborhood associations get updates on civic events and share their plans for the weeks ahead. The public is welcome and comments are encouraged.
- The **Parks, Recreation & Culture Board** meets every fourth Thursday. The chairman is Richmond Beach's own Bill Clements, and this group is currently very active as improvements to area parks and trails are underway. Open to the public!
 - The **Shoreline Library Advisory Board**, chaired by Richmond Beach's Tom Petersen, is the liaison between the City and the King County Library System. It meets on the second Thursday of each odd month (next: January 8) to discuss library issues including programs, collection, Friends groups, technology, interagency relations and construction. Book and library lovers should attend!
 - Other advisory groups meeting in January include the **Economic Development Committee** and the **Long-Range Financial Planning Committee**. For a complete calendar of city events, go to www.shorelinewa.gov.

Shoreline School District

School Board Meeting

Monday, January 12, 7:00 p.m.
Shoreline Center

No School: Martin Luther King Jr. Day

Monday, January 19

No School: Grades K–12; Staff Work Day

Friday, January 30

Kinderfest

Saturday, January 31, 10:00 a.m.–noon
Shoreline Center

Kindergarten Registration Begins for 2009–2010 Year

Monday, February 2

School Board Meeting

Monday, February 2, 7:00 p.m.
Shoreline Center

Einstein Middle School

MLK Assembly

Friday, January 23, 9:10-10:00 a.m.

Upcoming Community Events

Ready Neighborhood Program First Pod Meeting

Saturday, Jan. 24, 10:00 a.m. (note change in date)

Syre Elementary School Library
Anyone interested in becoming a facilitator for their neighborhood pod is welcome to attend.
Sponsored by Richmond Beach Community Association.

Richmond Beach Youth Jam

Friday, Feb. 27, 6:00 p.m.°

Basement of Richmond Beach Congregational Church
Musical showcase and prize competition for local youth
Admission: \$2.50 per person
Entrants contact Scott Becker at 533-9112
Check out the web site for entry details and sign up on the mailing list for updates: www.myspace.com/rbyouthjam. Sponsored by Richmond Beach Community Association

Community Help Needed

Donations for Youth Jam Prize Money (before February 27)

Are you interested in encouraging the musical development of youth in Shoreline? Help support this event by making a monetary donation toward the prize money given out to contestants. Contact Scott Becker at 533-9112 or scottb@fourfoldarchitecture.com.

Donations for Door Prizes at Youth Jam (before February 27)

Soliciting door prizes that would appeal to teens. To donate, contact Scott Becker at 533-9112 or scottb@fourfoldarchitecture.com.